

ANGER / TEMPER SCRIPT

See yourself in a situation where you might have lost your temper in the past. This time see yourself in control. You no longer respond with anger. You respond with understanding and are calm. You no longer feel a need to retaliate.

You can now allow people to be themselves and allow them their own priorities. You no longer get angry because they do not agree with you. The only value someone else's opinion has, is the value you give it. You no longer get angry because their opinion is different from yours. You are in control of your own emotions and reacting with anger is negative. You are now choosing to be positive. You will never again react with uncontrolled anger.

Instead of becoming angry, you can now see their view. You now react with understanding and care and are calm. You react with positive thoughts and emotions.

(Find what triggers anger most and have client visualize a similar situation while maintaining a calmness.)